

Chatter Newsletter



Ken Baxter Community Center • A Newsletter for Seniors



January/February 2015

*Happy New Year!
Come visit us.*

The Ken Baxter Community Center remains closed during renovation. Our temporary quarters are located at the annex located at 15524 Smokey Point Blvd. Stay tuned for updates in our next addition of the Chatter.

Café Baxter

Every Monday
come in for FREE
coffee and
pastries!
9:30-11AM

A logo for Café Baxter featuring a stylized cup of coffee with steam rising from it, decorated with floral patterns.

Center Hours:
Monday - Thursday
9AM to 4PM
Friday · 9AM to Noon

Good Health · Companionship · Friends · Community Pride

Calendar for January and February

January's Featured Class

Natural Well Being

Nature is the original medicine of our planet and has many powerful healing gifts to support our well-being. Empower yourself by learning how essential oils are the safest, most effective and most affordable way to treat ourselves and our loved ones while keeping us healthy. Participants will get to take home samples of oils discussed in class. Located at the Jennings Park Barn at 6915 Armar Road in Marysville.



Day	Date	Time	Fee	Class#
Thur	Jan 22	6:35 - 8:35pm	\$15	13784

February's Featured Class

Hypnosis to Quit Smoking

Hypnotherapist Stephany Faires, will help you eliminate your triggers for smoking, separate from the attachments you have to smoking and through hypnosis help your subconscious change your smoking behaviors. Participants will receive 2 hypnosis stress reduction CD's at class. Other optional CD's will be available for purchase. Bring a blanket and pillow to class if you wish to lay on the floor. Call a day in advance to find out where this class will be held.



Day	Date	Time	Fee	Class#
Sat	Feb 28	10:30 - 12:30pm	\$50	13799

Weekly Events for Seniors

Mondays

9:00 am - Aerobics
9:30 am - Café Baxter
12:00 pm - Pinochle
1:00 pm - Skipbo *New!*

Tuesdays

9:00 am - Gourd Class
11:00 am - Caregiver Supp.
(1st & 3rd Tues at Jennings Barn) *New!*
12:00 pm - Bridge

Wednesdays

9:00 am - Aerobics
10:30 am - Book Club
(3rd Wed)
1:00 pm - Movie (3rd Wed)
1:00 pm - Attorney (FREE)
(1st Wed by appointment)

Thursdays

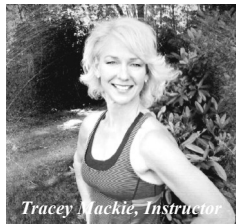
10:00 am - Chair Massage
(1st & 3rd Thurs. by appt.)
10:00 am - Genealogy
12:30 pm - Driftwood Sculpture
1:00 pm - Hand & Foot Canasta
1:00 pm - Mah Jong

Fridays

10:00 am - Woodcarving

Clogging is on hiatus until we return to our regular location. West Wing and History classes will fill open spaces as available. Call for dates. For programs with appointments, please call (360) 363-8450.

Go online to register! Marysvillewa.gov



Low Impact Aerobics

Find fitness and friendship in our low impact aerobics class!

Instructor, Tracey Mackie will

keep you moving while maintaining flexibility. Class meets every Monday and Wednesday. No class on 1/19 and 2/16.

Day	Date	Time	Fee	Class#
Mon/Wed	Jan 5-28	9-10 am	\$35	13840
Mon/Wed	Feb 2-25	9-10 am	\$35	13849

Driftwood Sculpture

Learn how to find and clean a piece of driftwood, then oil and finish it, turning it into an amazing piece of art. Artists and non-artists alike will enjoy driftwood sculpture with instructor Arline DePalma.



Each student will be given a piece of wood in class. Please bring a towel with you.

Day	Date	Time	Fee	Class#
Thur	Jan 8-29	12:30 - 2:30 pm	\$38	13198
Thur	Feb 5-26	12:30 - 2:30 pm	\$38	13202

Yoga for Beginners (Evening)

Increase your flexibility, strength, balance and concentration with beginning yoga classes lead by instructor Tonya Miranda, RYT. These calming classes will focus on yoga basics and are recommended to those new to yoga or those seeking a gentle, slower-paced practice with an emphasis on proper alignment and basic poses. Modifications will be provided and blocks and straps will be available to enable students of various ability levels to practice poses with greater ease. Each class will end with relaxation. Please bring a yoga mat and blanket.

Day	Date	Time	Fee	Class#
Wed	Jan 7 - Feb 11	6-7pm	\$60	13062

Woodcarving Studio

Learn how to carve beautiful things out of wood in this open studio format. Experienced and beginning woodcarvers welcome. Students teach one another and share techniques. Bring your own tools and decide what kind of project you would like to pursue.

Day	Time	Fee
Fri	9 am-12 pm	\$3 per visit, drop-in



Highlighted Classes for Seniors

Little Merchants, *The Golden Era of Youth Delivering Newspapers*

Listen to book author Sandra Walker share stories from her book, *Little Merchants*. Imagine a multimillion dollar business entrusted to children. Every day legions of youngsters tackled the responsibility of delivering the daily paper to a news hungry public. Neither pampered nor perfect, droves of rambunctious kids with remarkable fortitude hustled to earn money by hefting a canvas newspaper bag along a neighborhood route. Acting as independent agents, these youthful entrepreneurs were responsible for purchasing paper, delivering them on time, collecting from customers, and managing the money to earn a profit. Their daily routine also detoured into adventures and sometimes danger. **FREE**

LITTLE MERCHANTS



SANDRA WALKER



Defensive Driving

This refresher defensive driving course is for people age 55 and over. You may even get a discount on your car insurance. Call your insurance company to be sure. You must register in advance for this class; but not pay until you come in. The cost is \$15 if you are a current AARP member and \$20 if you are not, payable to your instructor in class with cash or check. Register through the Community Center by calling (360) 363-8450. The actual class itself takes place at fire station 66 7217 40th St. NE in Marysville. (Near the *Sunnyside Nursery*)

Day	Date	Time
Wed/Thur	Feb 18 & 19	9:00 - 1:00 pm

Genealogy

Learn the basics of research, finding your ancestry through the computer, library, archives and more. Beginners and those experienced in genealogy alike will enjoy this class. Please call a day or two in advance if it's your first time attending.

Regular Genealogy (for all levels)

Day	Time	Room
Thur	10am-12pm	Comeford

Monthly Movie January 29th Movie

1:00 pm

Jersey Boys -
Directed by Clint Eastwood (R)

February 18th Movie

Begin Again
Kiera Knightly (R)



*Rated R for language

Day	Date	Time
Wed	Feb 11	10:00 - 11:00 am

More Events Plus Trips

Snowshoeing & Bavarian Ice Festival in Leavenworth

Enjoy a great day of snow, fun and celebration in Leavenworth! Along the way enjoy an easy to moderate snowshoe hike perfect for all abilities. Depending on the recent snowfall the hike will take place at either the Stevens Pass Nordic Center or the greater Wenatchee State Park area. There will be time for approximately 2-3 hours of snowshoeing and a picnic lunch along the trail. Then on to the Leavenworth annual Bavarian Ice Festival for a warm meal, do a little shopping and definitely do some people watching! Please note: A complete supplies list will be available at recreationwithoutborders.com. Fee includes snowshoes, poles, guides, trail passes and transportation. **REGISTRATION DEADLINE Mon. Jan. 12**



Day	Date	Time	Fee	Class#
Sun	Jan 18	9:30 - 7:30 pm	\$85	13802

Nifty and Thrifty Store Tour

It's time to update your wardrobe and what better way to do it than at bargain prices? Throughout the day we will visit several high-end consignment and thrift stores in the Seattle, Kirkland and Redmond areas that offer value, selection, imports and more. From belts and boots to brooches and bowling balls there's sure to be something for everyone! And today, as an added bonus, some stores will be featuring their annual sales! Time will also be given for a delicious no-host lunch as well. Space is limited...sign up today for this one-of-a-kind, fun-filled treasure hunt! **REGISTRATION DEADLINE Fri., Jan. 30**

Day	Date	Time	Fee	Class#
Sat	Feb 7	9:30 - 6pm	\$54	13803



Backyard Bonanza - Birdhouses, Begonias Blossoms and More



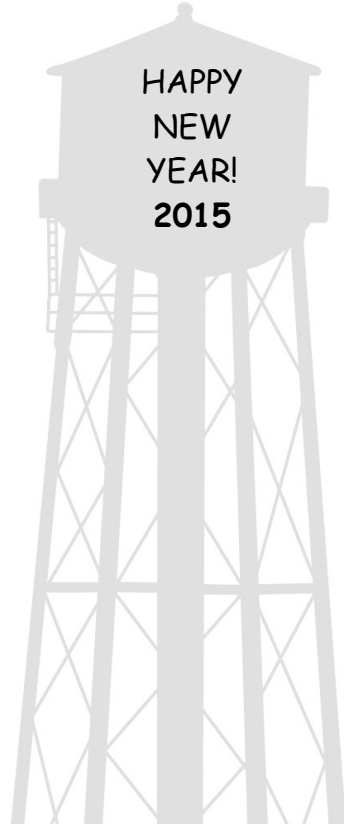




Celebrate spring, art, gardening and nature throughout this wonderful adventure. Start



the day off with a private art class at the Red Barn Art Studio in Skagit Valley. Over the next three hours participants will

create a ceramic bird house, personalize and make it unique through the use of texture, design and glazes. After completing the project, enjoy a no-host lunch in nearby Bow-Edison. The next stop is Christianson's Nursery and Greenhouse followed by a visit to Skagit Valley Gardens just north of Conway. Please note: registration includes all art supplies and fees. Sign up quickly, registration deadline is early and space is limited. **REGISTRATION DEADLINE Fri., Mar. 6.**

Day	Date	Time	Fee	Class#
Sun	March 22	9:00 - 5:30pm	\$119	13804

<p>Rehabilitation • Postacute Care</p> <p> 360.659.3926 1821 Grove St. Marysville, WA 98270 www.LCCA.com Joint Commission accredited</p>	<p> Grandview Village A VILLAGE CONCEPTS RETIREMENT COMMUNITY</p> <p><i>Apartments available. Call for a tour and meet our staff and friendly residents!</i></p> <p>5800 64th Street NE, Marysville, WA (360) 653-2223</p>	<p><i>City of Marysville</i></p> <p></p>
<p> A Unique Memory Care Community</p> <p>1216 Grove Street Marysville, WA 98270 (425) 436-6028</p> <p>Private Rooms Cozy Environment Caring Staff Activity Program</p> <p>Or Email Kelley@carepartnersliving.com</p>	<p>ELDER LAW • WILLS TRUSTS • POWERS OF ATTORNEY</p> <p><i>Planning for the Future - Helping with the Past</i></p> <p>Paul McConnell Attorney at Law</p> <p>Member: National Academy of Elder Law Attorneys</p> <p>1636 3rd St. • Marysville • (360) 658-6580</p>	
<p> Right at Home In Home Care & Assistance</p> <p>Right at Home offers care giving services for almost any family and practically any situation. Our in-home care lets your loved one enjoy life in the comfort of a familiar environment and we tailor all of our services to your unique situation through a Custom Care Plan. Call today and let us make life less complicated for you.</p> <p>425.290.1714 · rahsnoco.com</p>	<p><i>“A Place to Call Home”</i></p> <p>Windsor Square Retirement Apartments</p> <p>9912 48th Drive NE, Marysville, WA 98270 (360) 653-1717 windsorsquare@gres.com <i>Check us out on our web site at:</i></p>	
<p> Book Club Readings</p> <p>January book title: Chocolate Chip Cookie Murder by Joanne Fluke</p> <p>February book title: New Mercies by Sandra Dallas</p>	<p>KBCC Coffee Bar</p> <p>The Community Center serves fresh coffee daily! Monetary donations or unopened cans of fresh coffee is always appreciated. Help us to keep the coffee, “brewing!”</p> <p>Thank you!</p> <p></p>	



Ken Baxter Community Center
514 Delta Avenue
Marysville, WA 98270



Find us on the Internet - Marysvillewa.gov
Phone Number : (360) 363-8450

We will be open for classes and programs at our North City Annex site starting January 5, 2015.

**We will be closed for the Martin Luther King Jr. & President's Day holidays on
January 19 & February 16**

All programs are subject to change without notice. Please check your newsletter or call KBCC for more detailed program information.